

2015 NEWMAC TRACK AND FIELD CHAMPIONSHIP
SCHEDULE OF EVENTS

FIELD EVENTS

Seeded Flight Last, Top 9 to Finals

11:00	Javelin	(M then W)
11:00	Discus	(M and W - infield) Followed by Men's Hammer / Women's Shot Put, then Women's Hammer / Men's Shot Put
11:00	Long Jump	(M and W)
11:00	High Jump	(M then W)
11:00	Pole Vault	(W then M)
1:00	Triple Jump	(M and W)

TRACK EVENTS

Seeded Sections, Fastest Section Last

11:00	W	10,000m
	M	10,000m
12:30	W	4 x 100m Relay
	M	4 x 100m Relay
12:45	W	3,000m Steeplechase
	M	3,000m Steeplechase
1:15	W	100m Hurdles Trials
	M	110m Hurdles Trials
1:35	W	100m Dash
	M	100m Dash
1:50	W	1,500m Run
	M	1,500m Run
2:10	M	110m Hurdles Final
	W	100m Hurdles Final
2:20	W	400m Dash
	M	400m Dash
2:35	W	100m Dash Final
	M	100m Dash Final
2:45	W	800m Run
	M	800m Run
3:00	W	400m Hurdles
	M	400m Hurdles
3:15	W	200m Dash
	M	200m Dash
3:30	W	5,000m Run
	M	5,000m Run

4:15

W 4 x 400m Relay
M 4 x 400m Relay